

HOW MRS. BEAN MET THE CRISIS

Carried Safely Through Change of Life by Lydia E. Pinkham's Vegetable Compound.

Nashville, Tenn.—"When I was going through the Change of Life I had a tumor as large as a child's head. The doctor said it was three years coming and gave me medicine for it until I was called away from the city for some time. Of course I could not go to him then, so my sister-in-law told me that she thought

Lydia E. Pinkham's Vegetable Compound would cure it. It helped both the Change of Life and the tumor and when I got home I did not need the doctor. I took the Pinkham remedies until the tumor was gone, the doctor said, and I have not felt it since. I tell every one how I was cured. If this letter will help others you are welcome to use it."

—Mrs. E. H. BEAN, 525 Joseph Avenue, Nashville, Tenn.

Lydia E. Pinkham's Vegetable Compound, a pure remedy containing the extractive properties of good old fashioned roots and herbs, meets the needs of woman's system at this critical period of her life. Try it.

If there is any symptom in your case which puzzles you, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass.

Resolve to Succeed

Throw off the handicap of petty ills that make you grouchy, listless and depressed. Get at the root of your ailments—clear your digestive system of impurities, put it in good working order—keep it healthy with

BEECHAM'S PILLS

They act promptly on the stomach, liver and bowels, removing waste matters and purifying the blood. Not habit forming, never gripe, but leave the organs strengthened. To succeed in life, or work, first have a healthy body. This famous remedy will do much to

Help You

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c., 25c.

Truthful Wife.

A detective was praising the truthfulness of women.

"If war bulletins were as truthful as women," he said, "we'd have a better idea of how this world struggle is really going."

"I remember a case the other day—it's interesting in its revelation of woman's truthfulness—the case of a husband who had disappeared."

"Questioning the wife, I said to her: 'And now, madam, tell me—this is very important—tell me what your husband's very last words were when he left?'"

"His last words," the truthful creature answered, with a blush, "were, 'For heaven's sake, shut up!'"

No Trouble.

"Do you have any trouble keeping servants out where you live?" asked the city man.

"None whatever," replied the commuter.

"Yes, surprise me."

"I thought I would. You see, we can't get any servants in the first place, so, of course, we have no trouble keeping them."

The man who doesn't know himself is easily fooled.

That Knife-Like Pain

Have you a lame back, aching day and night? Do you feel sharp pains after stooping? Are the kidneys sore? Is their action irregular? Do you have headaches, backaches, rheumatic pains, feel tired, nervous, all worn-out? Use Doan's Kidney Pills—the medicine recommended by so many people in this locality. Read the experience that follows:

A Michigan Case

Ambrose Hatfield, Brock St., Eaton Rapids, Mich., says: "My kidneys were disordered and I was tormented by sharp pains in my back. As I got older, the trouble became worse and gradually the pains went into my limbs and shoulders. I was weak and depressed and had to be helped around. After other medicines failed Doan's Kidney Pills restored me to good health. My strength came back and I was able to return to work, free from pain."

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. POSTER-MILBURN CO., BUFFALO, N. Y.

MAKING the FARM PAY

By PROF. P. G. HOLDEN, Former Dean of the Iowa Agricultural College.



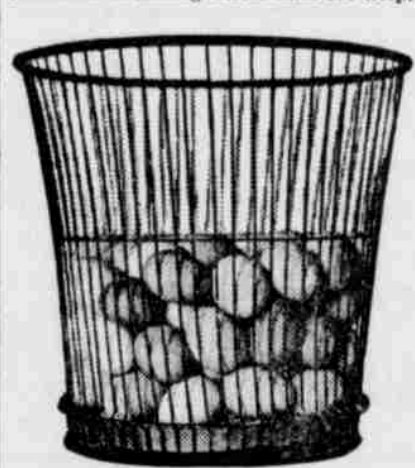
Flock of Purebred Youngsters.

POULTRY AND EGG CROP

Almost every farmer keeps some poultry. The trouble is he doesn't make the poultry keep him. Too many of them are roosters. A lot more are old hens that lay but a few eggs and then want to set. Whenever the price of eggs gets high, the old hens go on a strike. They lay in the henhouse when they please, but too much of the time prefer to lay their eggs out in the fence corners. That means they are not gathered until they are stale—and in consequence a low price for the eggs.

The average farmer considers poultry raising a "side issue," a job for women and children—a sort of necessary nuisance in order to provide fresh eggs and a toothsome roast or fry. But after all, this "side issue" branch of the farming business, poultry, nets an annual return in the United States of over \$900,000,000 or enough money to build two Panama canals every year. The Panama canal has been written into the pages of history as one of the greatest achievements of modern times. In its construction our greatest minds in the science of engineering, art and medicine were employed. Yet the farm hen with little or no care closes her yearly account with a balance of more than half a billion dollars. Only a very small portion of this vast sum of money is earned by the well-cared-for commercial hen. Ninety per cent of it goes to the credit of the much neglected flocks ranging at liberty on the farms of the country.

Hen Not Appreciated. None of us half appreciate the money-earning possibilities of the hen. For example, the cotton growing states during a recent slump in the cotton market due to the European war, joined other cotton producing states in an appeal to congress for federal aid to tide them over the financial difficulty. The appeal was for \$150,000,000 to be distributed in the South through the medium of the federal reserve banks. If these one-crop states had reckoned with the farm hen they would have saved themselves the humiliation of asking Uncle Sam for help.



60 Eggs
What the average farm hen produces

We will take Arkansas to illustrate the point.

The average county in Arkansas contains about 3,000 farms. If on each farm there had been 100 hens, each laying through the year eight dozen eggs, only about a quarter of an egg a day, and the eggs had sold for 20 cents a dozen, the income per farm would have amounted to \$100. At this rate the 3,000 farms in each county would have produced \$480,000. Based on these figures, the state of Arkansas with her 74 counties, would have produced nearly a 35,000,000-dollar egg crop. This sum is far in excess of the money Arkansas would have received as her share of the federal loan and more than half of the value of the annual cotton crop.

This \$35,000,000 distributed among the banks of Arkansas would have relieved one of the most critical periods in the economic history of the state. The earning power of the hen exceeds that of all other farm animals—the dairy cow not excepted.

Profit in Poultry. Let us not overlook this opportunity. Any farmer can have poultry. He can make more clear profit out of poultry than the commercial poultryman can make.

First, the care of poultry fits well into the other farm work; the investment is small; feed is cheap; the chickens convert the waste products of the farm into profits. During the greater part

of the year the chickens live on grass, clover, surplus garden stuff, gleanings from the grain fields, litter about the barn and feed lots, and more important than all else, they consume weed seeds, insect enemies to crops and other pests.

Record of Eighteen Ohio Farm Flocks. Two years ago the Ohio experiment station made a study of the profits in farm poultry. Records of 18 typical farm flocks were carefully kept.

These flocks ranged in number from 30 to 370, some were purebreds; others were mongrels. They were kept, fed and tended just as the farmer had been caring for them before the experiment station asked him to keep a record.

Here are the results of the investigation. For the sake of comparison, we have figured the profit from each flock on the basis of 100 hens in a flock.

The best five flocks yielded respectively \$247, \$154, \$153, \$107 and \$104 per hundred hens, while the poorest five flocks yielded \$67, \$96, \$93, \$62 and \$15 respectively. In no case was there a loss. The average profit per hundred hens of the 18 flocks was \$87.

Poultry Profits. One hundred hens are worth a hundred dollars—just about the price of a good dairy cow. Records of the co-testing association in Iowa show that the average dairy cow makes a profit of \$33. Which would you rather do—milk two or three cows or take care of a hundred hens?

Most of us fail to realize that poultry is profitable—the wife pays the grocery bills and every now and then gets a new piece of furniture or a new dress with the "chicken money."

Probably not one farmer in a thousand could tell just how much his chickens are paying.

You probably have about a hundred hens—that's the average size of the farm flocks in the United States. How much profit are they producing? Are they above the average or below? Are you getting \$247 or \$15?

Produce Eggs When Price is High. Sixty per cent of the eggs are produced in March, April and May. Then the number drops gradually until only one per cent is produced in November. Production remains low during Janu-

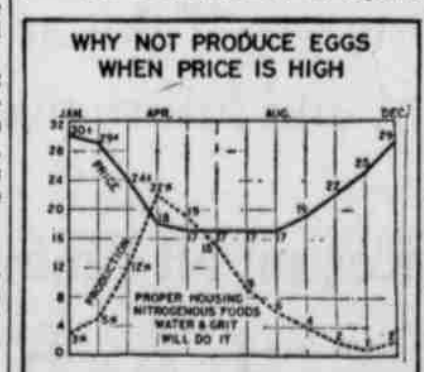


120 Eggs
What she should produce

ary and February and increases to 12 per cent in March. The price goes down whenever the production goes up.

Why not produce eggs in the winter? Get the advantage not only of increased production, but of high price.

In January eggs sell on an average for about 30 cents per dozen. The price decreases until in April eggs are bringing only 18 cents. A large number of eggs are put in cold storage at this time and this keeps the price fairly high considering the great amount of eggs produced. The price drops to 17 cents during the summer months because there is such a large number of poor eggs on the market. In September



ber the price begins to rise and increases gradually but rapidly until it reaches 29 cents in December.

Why not take better care of your hens and have them working for you during the winter instead of keeping them at a loss during this period?

You can produce winter eggs. Put your hens in a warm, comfortable, well-ventilated house, give them nitrogenous food and furnish water, grit and oyster shell.

Of course, it will be some trouble to increase your egg production. Don't expect results if you go at things spasmodically, doing one or two things and letting the rest go.

Fowls need animal protein food. Bugs and worms furnish this in the summer; buttermilk and beef scrap make good substitutes in the winter.

This chart gives the results of an Ontario experiment. Twenty-five hens receiving buttermilk in their ration made \$11 profit in eight months; a similar flock fed beef scrap made \$10 profit, while a flock receiving no meat or milk was kept at a loss of \$3.

A similar experiment in Indiana shows that hens fed skim milk or beef scrap made a profit of \$1 per hen annually, while those receiving neither beef scrap or milk were kept at a loss of four cents per hen.

If you feed beef scrap, get good quality, testing 60 or 65 per cent protein. Be careful not to feed too much.

Few people understand that eggs are almost as perishable as meat or milk. They belong to the same class of food, but just because they are inclosed in a hard shell, people think they will stand almost any kind of treatment.

Government experts estimate a loss of \$45,000,000 every year from bad eggs. This loss can be prevented by better handling and marketing.

Loss From Shrinkage. Five per cent of the eggs in the United States are lost through shrinkage. The shell of an egg is porous. It is made this way so the developing chick can get air during the incubation period.

Seventy-four per cent of an egg is water. Whenever an egg is in a temperature above freezing, this water is



Chums.

evaporating through the shell. The higher the temperature and the more circulation of air there is the faster the evaporation takes place. Eggs grow stale in warm poultry houses, in hot kitchens, on the farm or in the cupboards of the consumer. Egg dealers count that three stale eggs are equal to a rotten egg and pay accordingly.

Gather your eggs daily and keep them in a cool place. Market them as often as possible—at least once a week—better twice a week.

\$15,000,000 Annual Loss. Fertile eggs cause a great loss—a loss estimated by the government experts at \$15,000,000 a year.

Two years ago the United States government experts conducted an experiment in Kansas to compare the loss from fertile and infertile eggs.

How Experiment Was Conducted. Ten thousand eggs, collected from different farms, were used in the experiment. Half were fertile and half were infertile, and every egg was absolutely fresh when it entered the experiment.

These eggs were kept on the farm under ordinary farm conditions. Some were stored in parlors, some in kitchens, some in cellars and some in pantries. Some were put in nests, some under laying hens and some under sitting hens. The same number of fertile and infertile eggs were always put under exactly the same conditions. In a week the eggs were collected and sold to the local grocery store where they were candied. They were then shipped to St. Louis, where they were again candied.

Results of Experiment. While on the farm 29 per cent of the fertile eggs were spoiled for food, as compared with only 16 per cent of the infertile ones. On the way to market 14 per cent of the fertile ones were spoiled as compared with 9 per cent of the infertile. This makes a total of 43 per cent of the fertile eggs unfit for food as compared with only 25 per cent of the infertile ones—a difference of 18 per cent. Notice that the greatest loss in both fertile and infertile eggs is on the farm.

Fresh air is as good for hens as it is for people. If you have an open front or a partly open front poultry house you need not worry about the ventilation.

Fresh air does not hurt hens, but drafts are injurious. The north, east and west sides of the coop should be tight to prevent drafts.

Get the habit of cleanliness and you need not fear lice and poultry diseases.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.)
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LESSON FOR SEPT. 3

PAUL, THE HERO.

LESSON TEXT—II Cor. 11:21-12:10.
GOLDEN TEXT—My grace is sufficient for thee, for my power is made perfect in weakness.—II Cor. 12:9.

This letter raises interesting questions for research and discussion, such as:

1. What is the difference between Paul's heroism and that of a soldier?
2. Is war essential to the development of heroism?
3. Which courage is higher, moral or physical?

I. Paul, the Hero (II Cor. 11:21-22). To a man of a sensitive nature, craving perfection, sarcasm stirs up the deepest bitterness of the soul. We do not believe Paul primarily desired to refuse these false charges—they were unworthy of him—but the knowledge of his sufferings for the cause of Christ and the truth of the gospel would augment his power to serve the church. For the sake of those whom he had reclaimed from "heathenism" he was willing to seem to be boasting. Literally he says: "I speak by way of disparagement (of myself) as though we had been weak." Yet he adds: "Whereas ever any is bold, I am bold also." Paul had as much to boast of as any one of his Jewish opponents (v. 21). "Are they Hebrews? (Of the purest blood, of one nation and language?) So am I." Are they Israelites, worshipping only one God? Are they of the seed of Abraham, inheritors of the ministry of the promise and the Messianic hope and the kingdom of God? Are they ministers of the Messiah, seeking to bring all men into his kingdom? "I speak as a fool. I speak as one beside himself. I am more." In labors he was more abundant; he had occupied a larger field with greater results. In stripes above measure—those inflicted by the heathen were not limited to forty blows—besides other beatings referred to in this list. In prisons oft (Acts 16:23). Frequently exposed to death and to the perils of robbers by land and sea (v. 24). "Five times I received forty stripes, save one, from the Jews" (v. 25). "Thrice was I beaten with rods; once was I stoned" (Acts 14:19). "Thrice I suffered shipwreck," evidently not recorded in Acts, for his shipwreck on the way to Rome was later. "A night and a day in the deep," this not otherwise recorded. "In journeyings often," suffering from the perils of hard travel, often on foot in uncivilized regions. "In perils of water," literally "In rivers." Bridges were rare, and floods sudden and frequent. "In perils of robbers." Every road in Asia Minor then as now was infested with robbers. "In perils of his own countrymen." "In perils by the Gentiles." "In perils in the city;" "In perils in the wilderness;" "In perils in the sea" from storms, rocks, pirates; "In perils among false brethren"—Judaizing teachers who were self-seeking instead of making the gospel first (Gal. 2:4; II Cor. 11:13). "In weariness and painfulness," literally in labor and travail; "In watchings often;" repeated nights of sleeplessness due to anxiety or pain. "In hunger and thirst, in fastings often," hunger unsatisfied for a long time. "In cold and nakedness;" in the mountain passes badly shod and badly clothed. Besides these things which were without, innumerable other trials such as the care of or anxiety over the churches (vv. 32, 33).

II. God's Sustaining Grace (12:1-10). To Paul God gave one of the greatest tasks ever committed to man, viz., the planting of the gospel in heathen lands; founding churches; teaching them the gospel truths of the Lord Jesus. He wrote to these churches two-fifths of the New Testament, thirteen of its twenty-seven books, and this work was accomplished under the greatest difficulty, trials and suffering. To sustain and guide, the Lord gave him "visions and revelations" (v. 1). These revelations came to him from the very beginning of his Christian life and continued in every great crisis. The first was given at his conversion, twenty years before this letter was written, when he saw Jesus in His glory and received his marching order. Again (vv. 2-4), fourteen years before, or about A. D. 43, when he was in Antioch and first entered upon his foreign missionary work. He obtained his gospel directly from the Lord. Subsequently he had other visions to sustain and guide him.

Teachers ought to study this entire section, beginning at chapter 10. Paul says that as an apostle he did not labor in the fields of others (10:14-15). He was not much concerned by what his enemies might say.

As to his opinion of them, read chapter 10. Ashamed to boast, yet for their sakes he meets their foolish charges by giving us this record.

Because of these sufferings (v. 10) he takes pleasure in infirmities, reproaches and persecutions; "For when I am weak" (in my own strength) then I am strong through Christ who strengthens me."

He may be a fool in glorying, compelled to as he had been, yet his work had been accompanied by the signs of an apostle, and he was not to be behind the very chiefest, although himself he was nothing.

Got What He Was Looking For. Jack—Mr. Benedict is married. Belle—Do you mean it? Why, he used to say he would never marry unless the girl was just so and so. Jack—Well, he struck one who sewed him up all right.—Judge.

Explained. Tommy—Why do ducks die? Harp—Guess they must want to liquidate their bills.—Exchange.

Something in His Favor. "There's one thing I will say for that fellow whose mistakes cause so much trouble." "What is it?" "He doesn't claim that his intentions were good, anyhow."—Detroit Free Press.

Before some preachers condemn a sin they investigate its financial standing.

What is Castoria

CASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The children's Panacea—The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has born the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment. Genuine Castoria always bears the signature of *Chas. H. Fletcher*

Forget to Pay. Patrons of Winchester barber shops seem to have a mania for forgetting to pay their tonsorial bills. In many cases it is done unintentionally. One evening, recently, a former Winchester resident who now lives in California entered a barber shop for a haircut and shave. He was in a hurry. His business for the evening included a lodge meeting, and most important of all, catching a train for his home. Many of his old-time friends were in the shop when he stepped from the chair. He bade them all good-by and started to leave the shop. He had not yet paid his bill.

"Did you forget something?" the barber asked as the customer was leaving the shop.

"Oh, yes, I beg your pardon," the customer replied. "Good-by, good-by."

And the bill still remains unpaid.—Indianapolis News.

CLEANSE THE PORES

Of Your Skin and Make It Fresh and Clear by Using Cuticura. Trial Free.

When suffering from pimples, blackheads, redness or roughness, smear the skin with Cuticura Ointment. Then wash off with Cuticura Soap and hot water. These super-creamy emollients do much for the skin because they prevent pore clogging.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Hard to Suit. Mrs. Instile—I don't want that hat. Nobody wears anything like that now. The Milliner—Here's a charming little toque.

Mrs. Instile—Take it away. Everybody has one like that.

Go ahead when you think you're right, but don't expect the crowd to follow you.

MEN AND WOMEN

Upon the mind, dis- courage and hasten ambition; beauty, vig- or and cheerfulness often disappear when the kidneys are out of order or diseased. For good results use Dr. Kilmer's Swamp-Root, the great kidney remedy. At druggists. Sample size bottle by Parcel Post, also pamphlet.

Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose two cents. When writing mention this paper.

Identity of the Uproar. "Ah!" The chiming of the wedding bells—"No. That is the bride's father, who has to pay the bills, wringing his hands."—Judge.

Operated like a pair of shears, a new implement revolves a buffer to polish fingernails.

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